

Full Report (All Nutrients) 15135, Fish, yellowtail, mixed species, raw

Report Date: October 11, 2015 00:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 3.0 oz 85g | 0.5 fillet 187g |
|--------------------------------|------|------------------------|----------------|------------|---------------|--------------------|
| Proximates | | | | | | |
| Water | g | 74.52 | 32 | -- | 63.34 | 139.35 |
| Energy | kcal | 146 | -- | -- | 124 | 273 |
| Energy | kJ | 611 | -- | -- | 519 | 1143 |
| Protein | g | 23.14 | 29 | 0.217 | 19.67 | 43.27 |
| Total lipid (fat) | g | 5.24 | 39 | 0.295 | 4.45 | 9.80 |
| Ash | g | 1.09 | 1 | -- | 0.93 | 2.04 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | 0.00 | 0.00 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 23 | -- | -- | 20 | 43 |
| Iron, Fe | mg | 0.49 | 1 | -- | 0.42 | 0.92 |
| Magnesium, Mg | mg | 30 | -- | -- | 26 | 56 |
| Phosphorus, P | mg | 157 | 1 | -- | 133 | 294 |
| Potassium, K | mg | 420 | -- | -- | 357 | 785 |
| Sodium, Na | mg | 39 | 1 | -- | 33 | 73 |
| Zinc, Zn | mg | 0.52 | 26 | 0.068 | 0.44 | 0.97 |
| Copper, Cu | mg | 0.045 | 26 | -- | 0.038 | 0.084 |
| Manganese, Mn | mg | 0.015 | -- | -- | 0.013 | 0.028 |
| Selenium, Se | µg | 36.5 | -- | -- | 31.0 | 68.3 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.8 | 1 | -- | 2.4 | 5.2 |
| Thiamin | mg | 0.144 | 1 | -- | 0.122 | 0.269 |
| Riboflavin | mg | 0.040 | 1 | -- | 0.034 | 0.075 |

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| Niacin | mg | 6.800 | 1 | -- | 5.780 | 12.716 |
| Pantothenic acid | mg | 0.590 | 3 | 0.102 | 0.502 | 1.103 |
| Vitamin B-6 | mg | 0.160 | 2 | -- | 0.136 | 0.299 |
| Folate, total | µg | 4 | 3 | 1.292 | 3 | 7 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 4 | 3 | 1.292 | 3 | 7 |
| Folate, DFE | µg | 4 | -- | -- | 3 | 7 |
| Vitamin B-12 | µg | 1.30 | 1 | -- | 1.10 | 2.43 |
| Vitamin A, RAE | µg | 29 | 1 | -- | 25 | 54 |
| Retinol | µg | 29 | 1 | -- | 25 | 54 |
| Vitamin A, IU | IU | 95 | 1 | -- | 81 | 178 |
| Vitamin K (phylloquinone) | µg | 0.1 | -- | -- | 0.1 | 0.2 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 1.280 | -- | -- | 1.088 | 2.394 |
| Fatty acids, total monounsaturated | g | 1.990 | -- | -- | 1.692 | 3.721 |
| Fatty acids, total polyunsaturated | g | 1.420 | -- | -- | 1.207 | 2.655 |
| Cholesterol | mg | 55 | -- | -- | 47 | 103 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.259 | -- | -- | 0.220 | 0.484 |
| Threonine | g | 1.015 | -- | -- | 0.863 | 1.898 |
| Isoleucine | g | 1.066 | -- | -- | 0.906 | 1.993 |
| Leucine | g | 1.881 | -- | -- | 1.599 | 3.517 |
| Lysine | g | 2.126 | -- | -- | 1.807 | 3.976 |
| Methionine | g | 0.685 | -- | -- | 0.582 | 1.281 |
| Cystine | g | 0.248 | -- | -- | 0.211 | 0.464 |
| Phenylalanine | g | 0.904 | -- | -- | 0.768 | 1.690 |
| Tyrosine | g | 0.781 | -- | -- | 0.664 | 1.460 |
| Valine | g | 1.192 | -- | -- | 1.013 | 2.229 |
| Arginine | g | 1.385 | -- | -- | 1.177 | 2.590 |
| Histidine | g | 0.681 | -- | -- | 0.579 | 1.273 |
| Alanine | g | 1.400 | -- | -- | 1.190 | 2.618 |
| Aspartic acid | g | 2.370 | -- | -- | 2.014 | 4.432 |
| Glutamic acid | g | 3.455 | -- | -- | 2.937 | 6.461 |

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|-----------------|-------------|---------------------------------|------------------------|-------------------|-----------------------|----------------------------|
| Glycine | g | 1.111 | -- | -- | 0.944 | 2.078 |
| Proline | g | 0.818 | -- | -- | 0.695 | 1.530 |
| Serine | g | 0.944 | -- | -- | 0.802 | 1.765 |